

What is claimed is:

1. An exercise device, comprising:

- a) a belt positionable about an abdomen of a user;
- b) an inflatable bladder constrained to expand inward toward a space circumscribed by said belt when said bladder is inflated; and
- c) a pressure feedback means displaced outward relative to said belt.

2. An exercise device according to claim 1, further comprising:

- a rigid arm coupled to said belt on which said pressure feedback means is displaced outward.

3. An exercise device according to claim 2, wherein:

- said rigid arm is rotatable about a hinge such that said arm can assume a relatively compact configuration with said belt.

4. An exercise device according to claim 2, further comprising:

an inflation means for inflating said inflatable bladder, and a tubing extending between said inflation means and said bladder.

5. An exercise device according to claim 4, wherein:

said tubing has a length not exceeding approximately eight inches.

6. An exercise device according to claim 4, wherein:

said tubing has a length not exceeding approximately six inches.

7. An exercise device according to claim 1, wherein:

said bladder is constrained by placement of a substantially stiff element at one side of said bladder.

8. An exercise device, comprising:

- a) a belt positionable about an abdomen of a user;
- b) an inflatable bladder constrained by a stiff element to expand inward toward a space circumscribed by said belt when said bladder is inflated; and

c) a pressure feedback means displaced outward relative to said belt at a location which can be viewed by the user when the belt is worn without moving the cervical spine out of a neutral posture.

9. An exercise device for a user, comprising:

- a) a belt snugly conformable about the user;
- b) an inflatable bladder coupled to said belt and adapted to expand on substantially only one side of said belt;
- c) a pressure feedback means for displaying an indication of pressure within said bladder; and
- d) mounting means for mounting said pressure feedback means to the user such that the user can view said pressure feedback means without holding said pressure feedback means in hands of the user.

10. An exercise device according to claim 9, wherein:

said mounting means is configured to permit the user to view said pressure feedback means without substantially moving the head from a cervically neutral position.

11. An exercise device according to claim 9, wherein:

said mounting means functions with the user in both standing and supine positions.

12. An exercise device according to claim 9, wherein:

said mounting means mounts said pressure feedback means in a fixed relationship relative to said belt.